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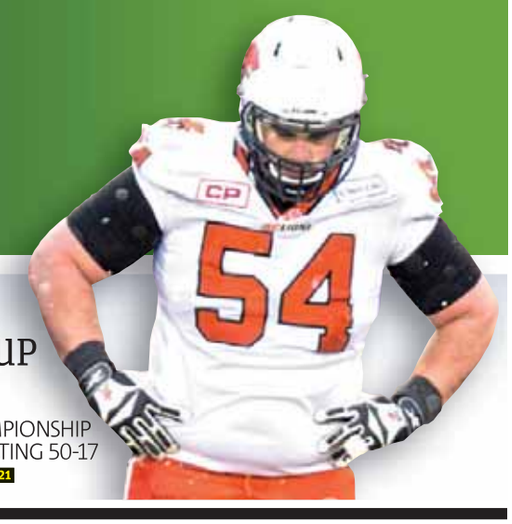

'The whole world knows my business'

Singer Sam Smith holds nothing back in his lyrics — and he believes fans are responding to that PAGE 12

THERE WILL BE NO HOMETOWN GREY CUP GLORY HERE

LIONS WON'T BE PLAYING IN CHAMPIONSHIP GAME AT BC PLACE AFTER HUMILIATING 50-17 PLAYOFF LOSS TO ALOUETTES PAGE 21

Third time's the charm?

Election results. A 'humbled' Gregor Robertson pledges to keep tackling tough issues like climate change, homelessness and affordability

Mayor Gregor Robertson shakes hands with supporters after winning a third term on Saturday. ROB KRUYT/METRO

Vancouverites granted their bicycle-loving, climate-change-fighting, development-friendly Mayor Gregor Robertson a third term in a tough election where voters pulled back support from the mayor's party, Vision Vancouver.

Robertson won by the narrowest margin since he was first elected in 2008 — he received 45.97 per cent of the vote over the Non-Partisan Association's Kirk LaPointe, who received 40.42 per cent — after a term where Vision's aggressive agenda sparked widespread angst in neighbourhoods on both the East and West sides.

But Robertson seems to want a fresh start, with his campaign culminating in an apology for not always listening and occasionally overstepping over the past six years.

"I am so humbled and honoured to be re-elected as your mayor," Robertson told the diverse, cheering audience of supporters at the packed Wall Centre Saturday night.

"I've heard loud and clear that there are things that we could do better, and we will in these next four years."

Robertson pledged his party would keep tackling the "most important issues of our time," namely homelessness, climate change and affordability. He called on the region to fight collectively for public transit in next spring's referendum.

But the night wasn't a clean sweep for Vision, which lost its majority on both the park and school boards. It still holds the majority on council, though it lost one seat to the NPA and the five NPA candidates were extremely close to knocking off the Vision incumbents.

Vision was almost wiped off the park board, winning only one seat, down from five. The NPA stole control with four of seven seats, ending a tense term marked by a battle with community centre associations and a controversial decision to ban the breeding of cetaceans at the Vancouver Aquarium (the NPA reportedly has plans to reverse the ban).

While the Green party didn't gain as much ground as it had hoped for, its candidates were elected to all three boards for the first time and Coun. Adriane Carr was re-elected to council with by far the most votes. The Greens hold the swing vote on the school board.

The Coalition of Progressive Electors mayoral candidate Meena Wong, who energized the campaign with ideas to tax vacant condos and charge $1 per day for transit, placed a distant third. The party's candidates also fell behind Vision, the NPA and the Greens.

EMILY JACKSON/METRO

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fortwo pure coupe	2013	B1300331	$17,460.00	$10,210.00	fortwo passion cabriolet	2013	Z1301176	$23,185.00	$15,110.00
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fortwo pure coupe	2013	M752899	18,350KM	$9,950.00	fortwo passion cabriolet	2013	N156936	11,943KM	$17,850.00
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Higlights

Voters across the Lower Mainland went to the polls on Saturday. There were surprises — such as Henry Braun squeaking to a 500-vote win over popular Abbotsford incumbent Bruce Banman — and some knock-outs, such as Burnaby Mayor Derek Corrigan gaining nearly 70 per cent of voters' support in Burnaby. For the first time, mayors around the province will be serving for four years instead of three. Here are some of the highlights:

- **New Westminster:** Newcomer Jonathan X. Cote knocked off the long-serving mayor Wayne Wright. Cote captured 52 per cent of the vote.
- **City of North Vancouver:** Darrell Mussatto had to fend off a tough fight from Kerry Morris to win re-election for the City of North Vancouver. Less than 1,000 votes separated the two with 10,567 casting their votes.
- **Maple Ridge:** There will be a new mayor in Maple Ridge, after Nicole Read beat incumbent Ernie Daykin.
- **Abbotsford:** Henry Braun squeaked into the mayor's seat, edging incumbent Bruce Banman by 577 votes.
- **Victoria:** In a tight race on the Island, Lisa Helps edged incumbent Dean Fortin in the province's capital. Helps hammered Fortin on the handling of the Johnson Street Bridge project, which has exponentially grown in expenses. The city also approved a referendum question to look at amalgamation, a long thorny issue in the region.

Surrey mayor-elect Linda Hepner, flanked by outgoing mayor Dianne Watts, celebrates a Surrey First clean sweep on election night at the Central City Brewing Company pub on Saturday. MATT KIELTYKA/METRO

New Surrey mayor promises light rail

'I am building that light rail.' You're going to see it on the ground by 2018: Linda Hepner

MATT KIELTYKA
matt.kieltyka@metronews.ca

One way or another, Surrey will have a light rapid transit network by 2018, its mayor-elect vows.

Opponents of Linda Hepner joked in the final days of the election campaign that the longtime councillor's face had been replaced with images of a proposed LRT line on political billboards.

But now that she and the entire Surrey First slate breezed back into office in a surprisingly one-sided election on Saturday, the city's next mayor wasn't making light of her biggest campaign promise.

"I am building that light rail," Hepner said, lacking no confidence. "We have got to connect this city. That is the next stage. You're going to see light rail on the ground by 2018. You are going to see that."

Hepner said she will push strongly for a "Yes" vote in the upcoming provincially mandated referendum on transit funding in the region, but is prepared to go it alone without TransLink should the vote fail.

"I know what my Plan A is, and I know what my Plan B is," she said. "(The referendum) is going to be an important yes in Surrey but … I'm going to have that Plan B ready to go off the shelf if it doesn't translate into a yes."

During the campaign, Hepner said she would sign public-private partnerships and use development fees along the proposed transit lines to pay for its construction.

Hepner said she will also immediately hire a general manager of public safety at the city and follow through with hiring 147 new RCMP officers.

"I'm going to sit down with the city manager and we're going to do some strategic planning on some of the things I identified in the platform," said Hepner. "There are lots of things on the go but I've got in it in my mind the kinds of things I'd like to do in the first 90 days."

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Vision Vancouver's Geoff Meggs to continue defamation lawsuit

'Corrupt deal.'
Re-elected councillor says he still intends to pursue suit against NPA

EMILY JACKSON
emily.jackson@metronews.ca

Vision Vancouver's Geoff Meggs re-election to council will not stop him from pursuing a defamation lawsuit against the Non-Partisan Association and Kirk LaPointe for comments made during the nasty final weeks of the election campaign.

Meggs said he will "absolutely" continue with the lawsuit against LaPointe and the NPA, launched after the opposing party accused him and Mayor Gregor Robertson of a "corrupt deal" with union CUPE Local 1004.

"The allegations against the mayor and myself are unacceptable," Meggs said during the Vision festivities at the Wall Centre shortly before midnight on Saturday.

The accusation stems from a leaked recording of a closed-door meeting where Meggs said the mayor re-committed to his promise of not further contracting out jobs. The union later voted to donate $34,000 to Vision, which was matched by senior unions for a total of $102,000.

Meggs explains he went to the meeting at the request of the union, reiterated his party's policy and left before they made any sort of decision.

"For politicians, you're expected in a political arena to go out and tell people where you stand on broad policy issues, that's what I did," Meggs said. "My behaviour has been conducted with complete integrity."

Quoted

"The allegations against the mayor and myself are unacceptable."
Coun. Geoff Meggs

It was a nail-biter of an evening for Meggs, who said he had no idea whether he would win or lose.

He was visibly relieved and happy to have squeaked into the 10th spot on council over the NPA's Ian Robertson by 512 votes. (He came sixth in the 2011 election.)

"In my case personally it's not a huge win, and for our team overall we've got to take some lessons from it," he said. "It was a strong signal from voters tonight, they want to see a different style."

Vision Vancouver Coun. Geoff Meggs EMILY JACKSON/METRO FILE

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Energy giant wins injunction to rid Burnaby Mountain of demonstrators

Anti-pipeline activists must leave site.
Judge says that failing to grant injunction would be harmful to Kinder Morgan

Activists facing off against energy giant Kinder Morgan must leave the Burnaby Mountain conservation site, ruled a B.C. Supreme Court judge, who also noted the importance of considering citizens' opposition.

Associate Chief Justice Austin Cullen granted the company an injunction Friday, saying a group of anti-pipeline protesters must dismantle encampments on Burnaby Mountain by 4 p.m. Monday.

"It is, of course, important to consider the defendants' assertions and submissions that what they were engaging in was freedom of expression to address an issue of critical importance," Cullen said in his ruling. "I am satisfied that as much as the right of the public dissent must be carefully protected, what is at issue in the present case goes beyond that."

Cullen also said that failing to grant the injunction would cause irreparable harm to Kinder Morgan through substantial costs and potential revenue losses that are not recoverable.

Five defendants, including two Simon Fraser University professors, and several unnamed supporters have been demonstrating since September around a conservation area that workers were surveying.

Lynne Quarmby, who teaches molecular biology and biochemistry at SFU, said she's disappointed in the ruling even as she's still dealing with the "chaos" that erupted in her life after she was served with court documents. Quarmby said she was unsure about whether she will violate the order, adding she's glad the judge noted the importance of freedom of expression in a democracy.

Kinder Morgan spokesman Scott Stoness said the company will now determine when work will resume after employees who felt intimidated walked off the site.

"We support and encourage people expressing themselves," he said. "I think the appropriate protest can happen near where we are but without being in the way of our drilling.

Xenoa Skinteh fortifies a protest shelter on Burnaby Mountain last month. JENNIFER GAUTHIER/FOR METRO

"We don't object to them expressing their views but we think it should be done in a safe place, in a safe manner. Certainly, if protesters are using bullhorns right next to our workers, that's not safe."

Stoness said workers will bore two small holes, followed by drilling 250 metres into Burnaby Mountain, to get data that would indicate what kind of tunnelling equipment should be used if the project is approved.

Pipeline builder Trans Mountain was granted approval by the National Energy Board to assess the prospective underground route for the $5.4-billion tripling of an existing crude oil passage from Alberta to B.C. for exports to Asia.

A lawyer for the company told a hearing last week that protesters used profanity, blasted a bullhorn and made malicious faces, creating an unsafe environment for workers.

The latter allegation, presented to the judge with photographic evidence, spurred a satirical social media meme.

People across the province, including Vancouver Mayor Gregor Robertson and prominent environmentalist Tzeporah Berman, have posted selfies with mocking scowls dubbed the "Kinder Morgan face."

In siding with Kinder Morgan, Cullen listed the "misuse" of the bullhorns, "aggressive and threatening language" and other efforts to block employees from accessing the work site.

The ruling notes a protester yelled "Nazi" at workers, that another was lying under a vehicle, making it impossible to use, while a third activist blocked workers from putting equipment into the vehicle.

However, lawyer Josh Paterson of the BC Civil Liberties Association said Cullen's ruling lacks clarity about how far protesters can go with their freedom of expression.

THE CANADIAN PRESS

Man who cited Kill Bill as reason for 2011 slaying found guilty

A young man who told police that he had repeatedly watched the violent movie Kill Bill, which made him want to kill someone, was recently convicted of second-degree murder by a B.C. Supreme Court judge.

On the morning of Oct. 9, 2011, Tyler Eli entered the open window of a house in the northern B.C. town of Kitimat, and stabbed a woman, Maria Teresa Rego, to death, according to B.C. Supreme Court Justice Robert Punnett's summary.

"He (Eli) acknowledged watching that movie repeatedly because he liked the violence and wanted to see blood," Punnett said.

"The accused described it as a sort of surreal feeling that there would be no negative outcome or consequences for him as a result of hurting people," Punnett said.

Punnet's summary notes that Eli grabbed a knife from the kitchen and proceeded to attack Rego and her husband, Gualter Manuel Rego, who were both sleeping in their bed. He stabbed Maria Teresa Rego to death, Punnet said. Her husband tried to intervene, leading to a violent struggle with the intruder that left Gualter Manuel Rego with life-threatening stab wounds, Punnet notes.

At trial, the defence called evidence from a psychiatrist, Dr. Kulwant Riar, whose opinion was that at the time of the stabbings Eli was in the throes of a delirium, a mental state which called into question Eli's capacity to form an intent to kill. The defence suggested Eli's altered mental state should lead the judge to conclude that the accused was not criminally responsible by reason of a mental disorder.

But the judge rejected this claim in his decision, finding instead that "Mr. Eli was not in the throes of a delirium at the time of the stabbing."

The judge found Eli guilty of second-degree murder and attempted murder. Eli will be sentenced Jan. 29, 2015.

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Media call for Bourque evidence to be made public

New Brunswick. Lawyers to argue about access to trial exhibits, including videotaped confession of man who killed three Mounties

Lawyers will be in a New Brunswick courtroom Monday to argue whether exhibits entered as evidence at Justin Bourque's sentencing should be made public, including a videotaped police interview where he admits to shooting three RCMP officers dead and wounding two others.

Bourque was sentenced last month to life in prison with no eligibility for parole for 75 years, after pleading guilty to three counts of first-degree murder and two counts of attempted murder. The penalty is the harshest Canada has seen since the last state-sanctioned executions in 1962.

A number of news media organizations, including The Canadian Press, have asked for access to the exhibits that were used at his sentencing hearing.

Lawyers for Bourque and the Crown are opposing the request. David Coles, the lawyer representing the media, said the public has a right to see and hear the evidence.

"It seems to me the Canadian people have a right to review the evidence upon which the chief justice made the decision that was appropriate," Coles said. "We live in a society where, unfortunately over the past several years, a multiplicity of our peace officers have been gunned down and one has to ask, 'Are the protocols appropriate? Are their orders appropriate? Is their equipment sufficient?'" THE CANADIAN PRESS

Quoted

"This case where you have this kind of ambush and premeditated gunning down of RCMP members is a public interest in Winnipeg, just like it's a public interest ... in Moncton."

Lawyer David Coles, who represents media organizations, including The Canadian Press, that have asked for access to exhibits used at Justin Bourque's sentencing hearing

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ISIL. Beheading of American aid worker 'an act of pure evil': Obama

The Islamic State of Iraq and the Levant (ISIL) released a video Sunday of a masked militant standing over a severed head it claimed was Peter Kassig, a former U.S. soldier-turned-aid worker who was taken hostage while delivering relief supplies to Syrians caught in that country's brutal civil war.

Hours later, the White House confirmed Kassig's death after a review of the video, which also showed the beheadings of a dozen Syrian soldiers.

Kassig, 26, a former Army Ranger who returned to the Middle East to help wounded and displaced Syrians, "was taken from us in an act of pure evil by a terrorist group that the world rightly associates with inhumanity," President Barack Obama said in a statement. He denounced the extremist group, which he said "revels in the slaughter of innocents, including Muslims, and is bent only on sowing death and destruction." THE ASSOCIATED PRESS

This undated photo shows Peter Kassig standing in front of a truck filled with supplies for Syrian refugees. COURTESY KASSIG FAMILY/THE ASSOCIATED PRESS

Ukraine. Amateur film of Flight 17 downing shows alarm in village

Four months after Malaysia Airlines Flight 17 was shot down over rebel-held eastern Ukraine, The Associated Press has obtained video that shows how close the burning passenger jet came to hitting village homes and suggests that residents first assumed it was a Ukrainian military plane that had been struck.

The amateur footage, filmed by a resident of Hrabove, shows people reacting in alarm as wreckage blazes only a few meters away from their homes on the afternoon of July 17. The video is perhaps the first taken immediately after the plane came down.

The ultimate cause of the MH17 disaster is the subject of major diplomatic disputes. Ukraine and Western government say Russia-backed separatist fighters fired the rockets that felled the plane, while state-run television in Moscow over the weekend produced evidence it claims places blame with Ukraine's air force.

THE ASSOCIATED PRESS

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Unlocking the secret to 'an unstealable bike'?

Uphill battle. After Chilean's bike stolen, he and two friends set out to solve a common problem

Cristobal Cabello poses for a picture with the Yerka Project, a prototype for an "unstealable bike," at a bicycle trail in Santiago, Chile. THE ASSOCIATED PRESS FILE

It's a bicyclist's dream: a bike that can't be stolen.

The Yerka, a prototype designed by three young Chilean engineering students, is the latest entry in a recent trend of bikes that can be locked using some of their own parts.

They include Brooklyn-based Seatylock, which uses its saddle seat as a lock, and Seattle-based Denny, which is locked with its detachable handlebars.

But the inventors of the Yerka have a new twist on that approach: The bike's lower frame opens up into two arms that are then connected to the seat post and locked to a post, so thieves would have to destroy a Yerka to get it unlocked, leaving it valueless.

"That's why our motto is 'A bike that gets stolen is no longer a bike.' What we have here is truly an unstealable bike," said Cristobal Cabello, who came up with the design during a college engineering class with childhood friends Andres Roi Eggers and Juan Jose Monsalve.

In Chile and elsewhere in Latin America, the spread of designated cycling lanes, storage racks and bike-share programs are encouraging commuters to switch from cars to bikes, which are cheaper and environmentally friendly.

The young engineers said they began experimenting with their idea after Roi's bicycle was stolen. First they built a PVC model, then constructed a working prototype.

Now, while waiting for the patent to be approved and carrying out more tests on the bike's resistance to thieves, the team plans to launch a crowd-funding campaign seeking to raise funds. THE ASSOCIATED PRESS

Spinning wheels

Tony Hadland, co-author with Hans-Erhard Lessing of Bicycle Design: An Illustrated History, called the Chileans' design "very clever."

- Leaving aside the familiar shackle locks and chains with locks, most anti-theft accessories have been bolt-on devices, he said. The latter usually involve a piece that passes between the spokes to stop the wheel rotating, but they can still be easily picked open by a thief, he said.
- "The most effective strategy commonly used in London today is to take the bike into the office with you," Hadland said.

Workin' 9-5? Paid to play, what a way to make a livin'

From nine to five, seven days a week, Robert Schill plays video games while sitting on a plush, brown sofa in central Florida.

Hundreds, sometimes thousands, of people watch. His web channel has more than 35 million hits in one year.

And Schill gets paid for it.

He's a shift worker, a labourer in a brave and strange new economy that rewards a Big Brother-like existence combined with entrepreneurial pluck.

Schill's not alone in this venture, not even in his own home. When the 26-year-old ginger-haired Schill finishes his shift, he unplugs his game controller and his roommate, 29-year-old Adam Young, sinks into the sofa and plays until 1 a.m. Then a third roommate, Brett Borden, 26, clocks in for his eight-hour shift.

They are the stars of StreamerHouse. They broadcast via Twitch.tv, an online network that attracts tens of millions of visitors, most of whom watch footage of other people playing video games.

StreamerHouse is set in a 1920s-era Mediterranean-revival home graced with 20 cameras, at least 15 computer screens and two bulldogs (Mister Pig and Baby Pig). It's part reality TV, part talk radio and part performance art. The trio play games, chat with fans and narrate their daily lives into an expensive microphone setup.

They make money from a cut of Twitch advertising, subscriptions, video game sales and from fan donations. THE ASSOCIATED PRESS

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ELECTION: MUCH ADO ABOUT STATUS QUO

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

It was the noisiest civic election campaign in years, and considering the last couple of snoozers, that was a good thing.

But now all the shouting is over, not much has really changed.

In Vancouver, Gregor Robertson is still the mayor and his Vision Vancouver party still has a majority on city council.

There is one new opposition councillor — the NPA's Melissa De Genova — but Vision still has six councillors to four.

Is that it? After all that?

It's the same all over the Lower Mainland.

In Surrey, a so-called tight race turned into a landslide for Linda Hepner and the Surrey First party, installing outgoing Mayor Dianne Watts' personal pick for mayor and the entire slate of accompanying councillors.

Everywhere you look, status quo rules: Richmond, Burnaby, the North Shore, the Tri-Cities. A couple of long-serving mayors were turfed — in New West and Maple Ridge, for example — but overall, our local exercise in democracy was just that — an exercise. Keeping the political muscles toned.

So the campaign was more interesting than the result. The NPA candidate for mayor in Vancouver, political newcomer Kirk LaPointe, was so successful at painting Robertson and his team as arrogant ideologues who run city hall like a yoga cult that the mayor found himself making an 11th-hour apology for unspecified mistakes: "things that we haven't done particularly well."

A lot of people thought the mayor sounded more desperate than apologetic, but it looks as if it worked — he beat LaPointe by more than 10,000 votes.

Still, there are signs: Voter turnout was higher than in 2011. People were lined up at polling stations after the 8 p.m. deadline and the hours were extended to make sure they could vote.

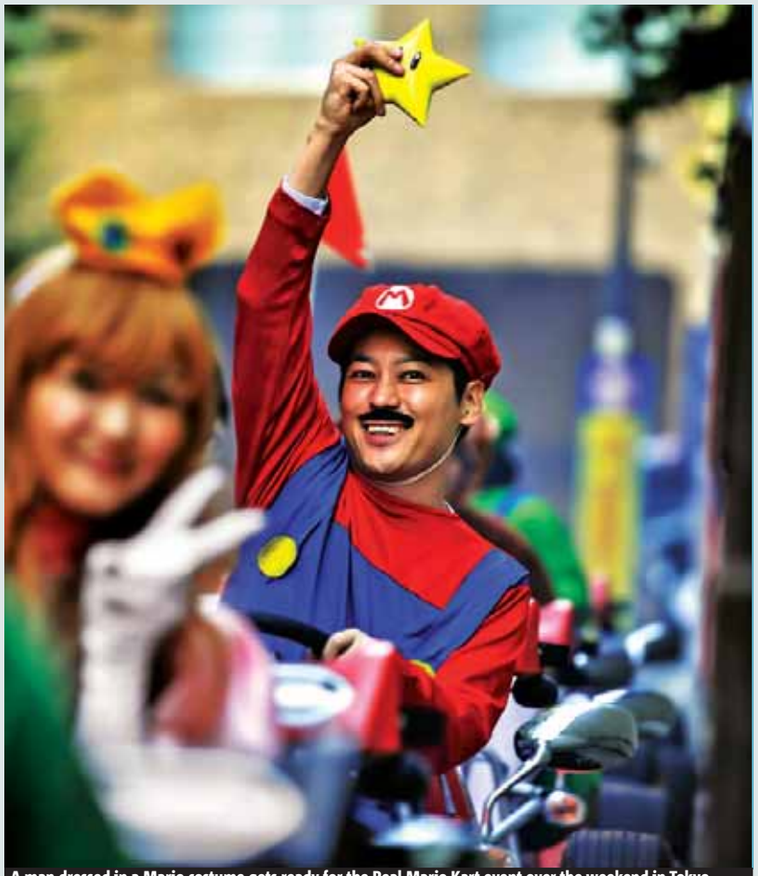
There was indeed a protest vote. Coun. Adriane Carr of the Green Party got more votes than anybody but Gregor. NPA Couns. George Affleck, Elizabeth Ball and newcomer Melissa De Genova all pulled more votes than the Vision councillors. Geoff Meggs, the Vision councillor and the target of NPA attacks for allegedly making backroom deals with a union, just about lost his seat to the NPA's Ian Robertson.

So, Gregor's acceptance speech was full of words like "humbled" and "honoured." Going forward, the Vision-dominated city hall may be more sensitive to people's feelings as they erect highrises in what were once picket-fence neighbourhoods and bottle up traffic for more bike lanes.

But just to be clear: They don't really have to. They still have a majority, and can outvote the combined forces of the Green Party and the NPA (and it's not clear how often that the Greens and the NPA will agree to combine forces).

Maybe that's the will of the people. After all, 83,529 of them voted for Robertson and business as usual, arrogance and all.

Kawaii Mario Kart



A man dressed in a Mario costume gets ready for the Real Mario Kart event over the weekend in Tokyo. Participants sign up on Facebook to take part in the once-a-month event, and Akiba Kart offers rental go-carts that can be driven on public streets. ALL PHOTOS KEITH TSUJI/GETTY IMAGES

Japanese cosplayers bring racing game to busy Tokyo streets

Are you a big fan of Nintendo's Mario Kart video games on the Wii and 3DS? Well, you might be interested to watch these Japanese cosplayers bring Mario Kart characters to life on the roads of Tokyo.

The real-life Mario Kart drivers have been seen driving through the Tokyo districts of Shibuya and Harajuku, and are always happy to pose for photos and ham it up for the cameras when they stop at traffic junctions. IBTIMES.CO.UK

Wanna get in on the fun?

Interested parties can rent a go-kart for themselves in Tokyo.

- The go-karts are street legal and travel at a maximum speed of 55 km/h.

MetroTube

Turkey gets the herky jerky

ANDREW FIFIELD
andrew.fifield@metronews.ca

Sure, at first this was amusing: A hapless turkey suitor, working his best plumage game, only to be foiled by a lady bird's quick-thinking rejection technique. But it didn't take long before that laughter turned to tears, because this bird's face-planting failure looks all too familiar. (YouTube)

GETTY IMAGES

Twitter

@metropicks asked: In the latest twist, the big cat on the loose in Paris is not a tiger after all, but hundreds of police officers are still on the case. What should the super-cool official operation name be?

@speirsr: "What should the super-cool official operation name be?" Operation Tigger Bounceth

@_LeftOne: Spy of the Tiger?

@SteveShrout: Operation Furball. Catnip Caper. Operation Freaky Feline. Operation Here Kitty Kitty Kitty. (The last is my fav)

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 22 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
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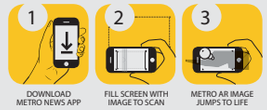

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‡In order to achieve $0 down payment, dealer will cover the cost of tire/battery tax, air conditioning tax (where applicable), environmental fees and levies on the 2015 CR-V LX, Odyssey LX and Pilot LX only on behalf of the customer. ΩLimited time weekly lease offer based on a new 2015 CR-V LX model RM3H3FES. ¥1.99% lease APR on a 60 month term with 260 weekly payments O.A.C. Weekly payment, including freight and PDI, is $69.89 based on applying $400.00 lease dollars (which is deducted from the negotiated selling price before taxes). Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $18,171.40. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. *Limited time weekly lease offer based on a new 2015 Odyssey LX model RL5H2FE. #3.99% lease APR on a 60 month term with 260 weekly payments O.A.C. Weekly payment, including freight and PDI, is $92.95. Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $24,167.00. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. †Limited time weekly lease offer based on a new 2015 Pilot LX 2WD model YF3H2FE.††2.99% lease APR on a 60 month term with 260 weekly payments O.A.C. Weekly payment, including freight and PDI, is $105.32. Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $27,383.20. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. ‡‡$500 Consumer Incentive Dollars "Holiday Bonus" ("Holiday Bonus") available on any new 2015 CR-V model, purchased or leased and delivered by January 2, 2015 and can be combined with advertised lease and finance rates. "Holiday Bonus" includes GST and PST, as applicable. Visit a participating Honda dealer for eligible products & services applicable to "Holiday Bonus" redemption. Offer ends January 2, 2015 and is subject to change or cancellation without notice. £For more information about the 2015 Motor Trend Sport/Utility of the Year® award, visit http://www.motortrend.com/oftheyear/suv/2015_honda_cr_v_is_the_motor_trend_suv_of_the_year/ **MSRP is $27,685 / $31,945 / $36,795 including freight and PDI of $1,695 based on a new 2015 CR-V LX model RM3H3FES / Odyssey LX model RL5H2FE / Pilot LX 2WD model YF3H2FE. License, insurance, registration and taxes are extra and may be required at the time of purchase. ‡/Ω/¥/*/#/†/††/**/‡‡ Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer on the 2015 CR-V LX, Odyssey LX and Pilot LX only. Offers valid from November 1st through December 1st, 2014 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

Ebooks

Kitten Clone

By. Douglas Coupland

Kindle/iBooks/Kobo

Inspired by the way Internet searches can unfold like stories, Coupland uses an anecdote about kittens to delve into the Internet's origins through a mysterious, hidden company that is the keystone of our connected world. He plays with font sizes, uses html codes, and even holds conversations with ghosts past and future for this strangely engrossing, but enlightening, tech tale.
KRIS ABEL

Music

30th-anniversary Band Aid single helps Ebola fight

Bob Geldof, One Direction, Bono and about 30 other stars gathered in a studio in London on Saturday to record a 30th-anniversary version of the Band Aid charity single, to raise money to fight Ebola.

Led Zeppelin's Robert Plant, Coldplay's Chris Martin and Sinead O'Connor were also among the rockers brought together by Geldof to sing the fourth version of Do They Know It's Christmas?

The single aired last night for the first time on Britain's X Factor TV show, and has been officially released today for digital download.

"All pop singers can do is sing, write songs, give up whatever they're doing," Geldof told reporters and fans outside the Sarm Studios in Notting Hill.

The rocker-turned-activist said he had been spurred into action not out of nostalgia, but by a call from the United Nations, concerned about not having the necessary funds to combat the epidemic in west Africa. The virus has claimed more than 5,000 lives, almost all in Liberia, Guinea and Sierra Leone. **AFP**

Sam Smith's brave songs help cure his loneliness

Music. Breakthrough artist bares his soul in deep, honest lyrics that he believes resonate with his fans

Sam Smith has sold millions of copies of his soulful songs. THE ASSOCIATED PRESS

If you go to a Sam Smith concert, you'll probably hear his stories of unrequited love and how he's never been in a relationship.

But he says that void has been slowly filled — partly thanks to meeting men and going on dates — but mainly because of his devoted fans, who have helped him top the charts with his album, push out millions of singles and sell out stadiums like Madison Square Garden.

"I'm going on dates, here and there, meeting people," Smith said in a recent interview. "I'm not lonely anymore because of that, but obviously I would like someone next to me while I sleep.

"But I'm working on that," he added with a laugh.

Smith is the year's breakthrough act, thanks to his booming, soulful voice, playful demeanour and deep, honest lyrics that help break up the monotonous, dance-heavy sound on pop radio.

In the Lonely Hour, his debut album released in June, has sold close to 773,000 copies. His single Stay With Me peaked at No. 2 on the Billboard Hot 100 chart and sold more than three million tracks. And other songs have built on his buzz, from another Top-10 hit and multi-platinum success, Latch, with Disclosure, to the upbeat La La La, with Naughty Boy, to Smith's newest single, I'm Not the Only One, which jumped to No. 11.

The 22-year-old has several big-name fans, from Beyoncé to Mary J. Blige, with whom he's recorded. And he's been getting calls to collaborate with others.

"I remember being ecstatic for having 200 Facebook likes. ... Now, I take that completely for granted, now that I have like a million. But I'm now thinking, 'I really would like two million.'"

The Lonely Hour features lyrics that are brave and straightforward — Smith tells one man to leave his lover for him on one song, and on another he's open about being in love with someone who doesn't feel the same.

"When I'm speaking about my insecurities ... that's when my music is the best. And that doesn't happen every day, so this writing process was quite dramatic, and because I was trying to get these songs that were honest and brutal and real," said Smith, who co-wrote each song. "I'm not a naturally sad person, so I was writing for a year and I wasn't sad every single day for a year, so that was tough."

He believes his fans are resonating with his honesty.

"The whole world knows my business now. I've got nothing else to hide ... and I think that people are respecting that."

Smith said fans have told him intense stories about connecting to his music. He's also a voice for young gay men and women who look up to him.

"It's so, so deeply important to me to be a spokesperson ... but not just for gay people — for straight people, for lesbians, transsexuals, anyone in the world. I want my music to relate to absolutely everyone." **THE ASSOCIATED PRESS**

Quoted

"The whole world knows my business now. I've got nothing else to hide ... and I think that people are respecting that."

Sam Smith, singer/songwriter

Movies. Jennifer Aniston's sex-crazed dentist role is even raunchier in 'bad dirty' Horrible Bosses sequel

Jennifer Aniston said she pushed her sex-crazed dentist character as far as she could in Horrible Bosses 2, but she's willing to try again in a third instalment.

Asked if another sequel is in the works, she replied, "I don't know. It's up to you all."

Horrible Bosses 2, the followup to the 2011 hit, opens Nov. 24. It stars Jason Bateman, Jason Sudeikis and Charlie Day as amateur entrepreneurs who get caught up in a kidnapping scheme when their business deal with a conniving investor, played by Christolph Waltz, goes awry.

The actors improvised a lot during filming, Aniston said in a recent interview, until it became a gross-out contest between the stars.

"This one went into a territory that I think just wasn't even funny," she said. "I couldn't even make it dirty funny. It was just bad dirty."

When it came to creating her character, Aniston said she told the filmmakers: "Just go as far as you can until someone actually gets sick from it."

She feels there's more to do be done with Dr. Julia Harris. "She's hardly tapped out. We all were a bit sad when this movie came to an end because I, for one, felt it was too soon to end Julia's party."

As the 45-year-old promotes her new comedy, she's also getting potential awards attention for her dramatic turn in Cake, which is open now in limited release. She's not ruling out a return to TV, either, although she didn't hint at any specific plans.

"I've never said never to coming back to television," the Friends star said. "Television is pretty fantastic these days." **THE ASSOCIATED PRESS**

Jennifer Aniston THE ASSOCIATED PRESS

Cherubic child star now a sex symbol

Q&A. Nick Jonas explains his decision to remake his image in preparation for the release of new album

Nick Jonas hopes his new music will resonate with more than just fans of the Jonas Brothers. GETTY IMAGES

And to think that, back in the early Noughties, Nick Jonas and his band of brothers were wearing purity rings and pledging sexual abstinence ... The cherubic days of Disney Channel fame are long gone for Jonas. The 22-year-old singer is now an unabashed sex symbol who's bagged a gorgeous girlfriend in Olivia Culpo, Miss Universe 2012. Since the pop-rock Jonas Brothers parted ways in 2013, Jonas has been resculpting his image as a shirtless hunk on the run-up to the release of his self-titled debut album.

You've redone Mark Wahlberg's 1992 Marky Mark photo shoot. What motivated you to do that?
I think just for fun, and to show another side of myself. I wanted to have a fun time with these photos — enjoy it.

How did your fans react?
It was fun to see the reaction of some of them, who were frankly very surprised. Others were quite receptive (to) it, which is good. But with these pictures I just wanted to show that I'm very comfortable with my situation and what I will accomplish in the future.

What would you say about your album to someone who's never heard the Jonas Brothers?
My music is made so people my age can relate to what is happening to them and make a connection. Just for that, I think they'll like it.

What did you do to make your transition from child to adult star a smooth one?
I've been very pleased with everything that has happened to me in the last 10 years, but I think the key to this is to surround yourself with good and proper people, and also motivate yourself to succeed. I also focused a lot on my goals, but if I had to go back in time I would tell the 15-year-old Nick to enjoy the present more. Life moves pretty fast.

Diabetes has also been in your life. How do you overcome these obstacles?
I have always considered myself a person who can overcome adversity — I don't let things scare me. I just think about enjoying what I have and live to the fullest.

What do you do when you're not on tour?
I liked to play golf and enjoy it with my loved ones. I love being with my family, with my girlfriend and my friends. That's what I miss most.

METRO WORLD NEWS IN NEW YORK

Quoted

"My music is made so people my age can relate to what is happening ... and make a connection."
Nick Jonas, singer, on his new self-titled album

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Usher's latest track has a touch of honey sweetness

STARGAZING
Malene Arpe
scene@metronews.ca

A new track by Usher is available only in boxes of Honey Nut Cheerios sold at Walmart. It's all part of a new trend of making it as difficult as humanly possible to obtain a song by your favourite artist. Check inside select packages of Radio Shack men's socks for fresh Coldplay tunes.

Andy Dick is arrested for stealing some random guy's necklace and then making his getaway on a bicycle. Too bad for you, Justin Bieber. Whatever stupid criminal thing you'll think up next, it will still be smarter than that.

Mick Hucknall of Simply Red says it's "probably" true that he slept with more than 1,000 women back when he was a big deal. In unrelated news, more than 1,000 women all over the world unconsciously made a yuck face.

Josh Hutcherson says he's "curious" how human flesh tastes, "like you want to know what a pigeon tastes like, you know." "I know no such thing," said his Hunger Games co-star Donald "Squab" Sutherland.

Chad Kroeger says that we should all just stop speculating about the condition of his and Avril Lavigne's marriage. So, it's totally over, then? Got it.

Jennifer Lawrence calls co-stars Josh Hutcherson and Liam Hemsworth "my angels" and "my kittens." "Well," she continues, "I really don't care for Josh, but it's best to say nice, soothing things whenever he looks hungry."

Redfoo claims his new song, with the lyrics, "I said jump on the pole; I didn't need your opinion," isn't misogynistic while Nicki Minaj, whose latest video contains Nazi imagery and (for bonus points) was released on the anniversary of Kristallnacht, says she doesn't condone Nazi imagery. Congratulations, Eminem, for picking the right week to rap you'd "punch Lana Del Ray in the face twice like Ray Rice."

Jennifer Aniston says that she and love biscuit Justin Theroux "can entertain ourselves and talk about endless things." Endless things they like to talk about 1) Possibilities. 2) Universes. 3) Summer. 4) Breadsticks.

Taylor's making Swift moves on Chris Martin

Taylor Swift ALL PHOTOS: GETTY IMAGES

All of the year's gossip stories appear to be converging — and just in time for the holidays! Think of it as the Celebrity Singularity. The latest evidence? This Star magazine story that Taylor Swift — despite recent protestations that she's done dating for a while — has set her sights on Coldplay frontman and Gwyneth Paltrow ex Chris Martin, despite his on-again, off-again relationship with Jennifer Lawrence. Deep breaths, everybody. "Taylor would love to make Chris her new boyfriend," a source tells the magazine. "She's taking advantage of how Jen's and Chris' busy schedules are keeping them apart. She can sense that their relationship is on shaky ground, so she's moving in — fast." All we need is a tag-team response from Blake Lively and Martha Stewart, and we're set. In all seriousness, though, can someone explain to me why Chris Martin is suddenly the hottest thing in Hollywood since sliced Clooney? I'm mystified.

No Fresh dance moves for Alfonso Ribeiro

Alfonso Ribeiro has been the biggest hit of this season's Dancing with the Stars, but is the show going to have to make do without him? E! News confirms that the former Fresh Prince of Bel Air star suffered another injury during rehearsals last week, and it's still unclear if he'll be performing Monday night — or continuing with the competition at all. Ribeiro reportedly injured his back last week while trying to compensate for an earlier groin injury. "I'm doing a lot of treatment every week," he said after last week's show. "I'm doing everything I can just to maintain and try to keep going."

Make a list and check it twice to stick to your holiday budget

Christmas shopping. Sit down and draw up a plan to avoid those impulse purchases that will bust the bank

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Before heading out, examine why you are buying gifts for certain people on your list. ISTOCK

As we round the corner into December, holiday shopping is ramping up and we're all under the gun to balance a challenging year with a cheerful holiday season.

Did you learn your lesson last year and decide to set aside some money every month so you wouldn't end up putting your holiday on credit? Did you plan ahead, particularly for big purchases, and take advantage of the stuff that went on sale well ahead of the Christmas rush? Good for you.

Don't want to blow your brains out on gift-giving this holiday season? Pretend you are Santa: make a list and check it twice. Who doesn't need to be on there? To whom can you give a token gift to commemorate the season? How much are you going to spend on each person?

Even if you're just running out for eggnog or wrapping paper, without a list you'll fall victim to a whole bunch of "Jeez, I forgot I also need …" and bring back a receipt you'll kick yourself for later. Making a list also helps you plan how you'll use those coupons you've got stashed in your wallet.

Before tossing anything into your shopping cart, ask yourself why you are buying it. Are you just fulfilling your duty to give a gift? Are you showing off? Are you trying to keep up? Or are you giving something you can afford that your friend, sister, son or partner will truly enjoy receiving? If they really love you, your mom, brother or BFF aren't going to be happier that you put yourself in financial stress instead of giving them something that might be slightly less and within your means. If they are judging you on your pressie, then they don't really love you and you shouldn't be buying them *anything*.

Don't self-gift while you're shopping. The one-for-me-one-for-you approach to holiday shopping is just an excuse to be self-indulgent.

Quoted

"Resist the urge to open up all those store credit cards you'll be offered."

More than three-quarters of us buy something for ourselves while shopping for others.

If you see something you want to add to your list, do so, but make sure you wait at least 48 hours before you buy it. Impulse shopping is at its peak during the Holiday Rush and it can be a budget killer.

Go home, check online for where else the item may be on sale, and make sure you're making a thoughtful decision.

Resist the urge to open up all those store credit cards you'll be offered. It's tempting to get that 10 per cent off your purchase for the day, I know, but think for a minute: stores must be making a lot of money on interest and late fees in order to offer you that special deal. And if you're the sucker who ends up carrying a balance, you'll spend far more in interest than you saved on purchases. And, yes, opening and closing store cards can mess with your credit score.

Skip the extended warranties. Most are a huge rip-off, so if you're even considering it, calculate the cost as a percentage of the item you are buying. Remember, manufacturers' warranties protect you, usually for up to a year, against any defect. And if you shop with the right credit card, your warranty can be extended to up to two years. Of the dozens and dozens of extended warranties I've been offered in my shopping life, there's only one that I would have made money on!

If you're a smart coupon shopper, you probably check online to see if there are any new offers before you hit the malls. But have you ever thought about setting up a "sale mail" email account when stores ask you for your email so you can get the coupons, but not be inundated with junk in your regular email?

As you grab your keys, grab a sandwich and a drink, too. If you're going to be out shopping for a while, pack a healthy snack and some water. Hunger and thirst have a way of muddling your thinking. Keep your energy up so your brain (and self-control) can work properly.

If you can't find the perfect gift for someone on your list, consider a gift of cash. While gift cards may be more "holiday friendly," I only choose gift cards over cash when I want to be sure the body buys something I intended, as oppose to just incorporating the money into the cash flow for household bills. Yes, there are still selfless people who don't want to spend a cent on themselves.

The very best gifts don't cost a penny. Offer up your time babysitting, cooking meals, house cleaning, massaging, sewing, knitting, transporting, or whatever else you're good at.

Health. The stench of rotten eggs and fish could help you quit smoking

Olfactory conditioning during sleep could lead to behaviour change, according to a new study from the Weizmann Institute of Science in Israel that says exposing sleeping smokers to the stench of rotten eggs blended with that of cigarette smoke could lead them to quit.

Study author Dr. Anat Arzi says the researchers chose olfactory conditioning because it's the only sensory stimulus that doesn't wake individuals from sleep.

Working with a group of 66 smokers looking to quit, a group was selected to spend the night in the sleep lab, where they were observed and periodically exposed to pairs of odours: either cigarette smoke and rotten eggs or cigarette smoke and fish.

In the morning, they had no recollection of the foul odours, but they reported smoking less throughout the week that followed.

Another group was exposed to the foul odours while awake, but they didn't report smoking less the following week.

A third group was exposed to the two foul odours of rotten eggs and fish separately and to cigarette smoke separately and they didn't report smoking less either.

The paper was published in the Journal of Neuroscience.

AFP

A study published in the Journal of Neuroscience found that exposing smokers to bad smells while they slept could help them reduce smoking. AFP

Money 101. Two couples, one year to make them richer

Overcoming financial obstacles

For 11 months, I have coached two Canadian couples to overcome their money fears. The result of taking control of their respective financial futures has been a collective net worth improvement of more than $75,000. As we march towards the end of the year, we will lay out a five-year plan that will help each couple achieve their long-term financial goals. But first, we will examine obstacles that each couple faces in making their long-term plan a reality. – *Lesley-Anne Scorgie*

Anne-Marie and Peter will have to decide whether to buy a first home or have a second child. SHUTTERSTOCK

Carolina is hoping to go back to work part time when her youngest daughter is old enough for preschool. SHUTTERSTOCK

Anne-Marie and Peter

There are three major obstacles Anne-Marie and Peter face in making their long-term financial plans of owning a home and building up retirement savings:

- Peter's low income
- The high costs of child care
- The second child versus first home dilemma

Over the past year, Peter has been wrestling with the financial realities of having a career he loves in sports editing that pays much lower than a similar role in a large corporation.

His excellent work ethic and performance have helped him advance in title and work quality, but not in salary. After much lobbying by Peter and great deliberation by his employer, he secured a raise last month, equating to a 20 per cent salary increase.

Despite this excellent news, Peter still remains underpaid for his work relative to the market. So he will continue to monitor his options in 2015.

The second obstacle is how best to afford child care when Anne-Marie returns to work in the spring. The current quotes range from $1,750 to $2,000 per month until their daughter is 18 months old, at which point the child care fees drop approximately 30 per cent.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $120,000
- Life stage: First child arrived in May
- Financial savvy: Medium to high — they use budgets, have retirement savings, and are committed to paying off debt
- Rent or own: Rent
- Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment
- Current net worth: $110,000
- Homework from last month: Prepare a high-level five-year budget

Though the couple became familiar with these costs when they were planning their first child, they are still concerned about the impact these costs will have to their budget and overall lifestyle. They may have to consider serious cuts to their social spending, which is $400 per month.

The third and most significant obstacle is the dilemma of having a second child versus buying their first home. They have tremendous anxiety around affording both, yet many families have gone this route before them and managed with much less.

The facts are that raising a family isn't cheap and neither is buying a home in Toronto. To have both will require a complete elimination of consumer debt (of which the couple is nearly there), a reduction in social and travel spending, and, most certainly, a higher-paying job for Peter.

Homework

For our last month together, Anne-Marie and Peter will work through a detailed 2015 budget that incorporates child care costs and prioritizes their down payment savings.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Last month Carolina and Jose finally crossed the threshold into positive net worth. And the cherry on top of this good news was Jose's positive performance review, which landed him a five per cent raise to his annual income.

There is one primary obstacle the couple faces when working towards their long-term financial goals of starting a retirement savings program, eliminating their debt and contributing to RESPs for their three daughters — low household income.

Carolina and Jose recognize that just getting by with their current income is far from desirable.

Though they live an exceptionally frugal life, raising three children and paying a mortgage leaves little for other important financial priorities like saving for retirement, reducing their student loans, and paying for their term-life insurance policy.

Jose's recent raise will certainly help their monthly cash flow, but it doesn't fundamentally change their ability to make serious progress on their savings.

What would make a huge difference to their monthly cash flow is if Carolina went back to work part time in 15 months, when their youngest daughter is old enough for junior preschool.

They have worked out the math and if Carolina could net $1,000 per month after taxes, that would enable the couple to eliminate their remaining student debt in two years, kick-start RESPs for their daughters, while being able to contribute a few hundred dollars each month into their RRSPs.

When combined with Jose's ambitious plans to continue climbing the corporate ladder as a safety co-ordinator, they may eventually be able to afford a larger home for their growing family and higher quality activities and training for their children.

The changes Carolina and Jose envision for their income won't happen overnight, so they will slowly chip away at these major goals, one dollar at a time.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $65,000
- Life stage: Three daughters, aged five, three and one
- Financial savvy: Medium — they have established a budget, purchased a home, are frugal, and have no retirement savings
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house, and visit family
- Current net worth: $1,000
- Homework from last month: Building a five-year budget around their five-year goals

Homework

For this month, Carolina and Jose's homework is to begin contributing $25 per month to their RRSPs and finalize the details of their will and term-life insurance policy.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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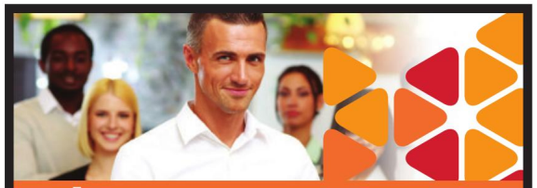

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Need to get some work done? Make a beeline to a window near you. ISTOCK

A study from Northwestern Medicine and the University of Illinois at Urbana-Champaign indicates that all-day exposure to natural light leads to better and longer sleep at night, increased physical activity, quality of life and efficiency at work.

"There is increasing evidence that exposure to light, during the day, particularly in the morning, is beneficial to your health via its effects on mood, alertness and metabolism," says senior study author Dr. Phyllis Zee, a Northwestern Medicine neurologist and sleep specialist.

The study focused on office workers. Windows in a workplace could result in 173 per cent more white light exposure during the day and an average of 46 minutes more sleep at night, researchers concluded.

They also noted that workers with more light exposure tended to be more physically active than their counterparts.

In the study, researchers surveyed 49 day-shift office workers, of whom 27 worked in windowless offices and 22 had windows in their offices.

The workers self-reported their quality of life and overall health, but the researchers assessed their sleep using the Pittsburgh Sleep Quality Index (PSQI).

A subset of 21 participants was surveyed for light exposure, activity and sleep by means of actigraphy.

Of these, 10 worked in windowless environments and 11 in spaces with windows.

The researchers measured additional physiological data using a wearable scientific device that could detect motion and levels of light.

"Light is the most important synchronizing agent for the brain and body," says Ivy Cheung, co-lead author and Ph.D. candidate in neuroscience in Zee's lab at Northwestern.

"Proper synchronization of your internal biological rhythms with the Earth's daily rotation has been shown to be essential for health."

AFP

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My co-workers are giving me the cold shoulder

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Feeling a little achoo-stricized? Let them know your sniffly symptoms are end-of-a-cold in nature and that you will do your best to keep your coughs contained. ISTOCK

Dear Metro,

I'm recovering from a bad cold, and while I feel healthy enough to return to work, I still have a lingering cough and runny nose. I can tell some of my co-workers are grossed out and/or scared of catching something from me. I don't want to fall further behind at my job — but I also don't want to ick people out. What can I do?

— Pass Me a Kleenex

Dear PMAK,

I'm no doctor, but it sounds like your colleagues might be coming down with a case of Acute Prissy Fear-of-Phlegmitis. It's November. The days are short. Our immune systems are under siege. There are airborne viruses everywhere. Getting sick is just one of the hazards of going to work — or out in the world at large.

Still, be courteous about your mucus. Frequent handwashing, prompt nose-blowing, and into-your-sleeve sneezing are all chivalries your office snot snobs will appreciate. If your cough is aggressively fitful, hack it out in the bathroom rather than the break room. You can also remove yourself — and your stuffed-up sinuses — from the germaphobic stares of others. On particularly drippy mornings, try working from home or in a more isolated part of your company's space.

And unless you've just Purelled, put yourself on hiatus from handshakes, high fives, and all other forms of professional affection.

Dear Metro,

I get to work at 9 a.m. each morning, and I want to leave on time at 5 p.m. But all my co-workers linger at their desks until about 5:30. I don't have any reason to stay late, but I'm concerned it will look bad if I ditch first every day. How can I get out of there without seeming like a slacker?
— Workin' 9 to not-5:30

Dear W9TN530,

Are you a slacker? If you're arriving at on-the-dot 9 and completing your tasks on time, there's no obligation to futz in your seat for the sake of appearances. But if your hasty departure reflects a half-baked work ethic, you may want to align your schedule to that of your colleagues.

The real issue isn't what time you leave, but what you make of the time you spend there. Your office may have a culture of late-stayers, but there's no legal basis for unpaid overtime. Rather than concerning yourself with seeming like a slacker, concern yourself with becoming a reliable employee who consistently performs high-quality work. Then no one will care if you loiter until 6 or occasionally sneak out at 4.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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Soup Week. We've got you covered for creative slurping ideas, starting with Meatball and Small Shell Pasta Soup

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

A mini meatball and shell pasta soup is a sure winner for the entire family.

It's a complete one-dish lunch or dinner consisting of meat, vegetables and pasta. With this hearty soup, you have a nutritious and well-balanced meal with protein, vegetables and grains.

Feel free to substitute ground chicken or turkey for the beef but increase the bread crumbs to four tablespoons. For extra fibre, use a whole wheat pasta.

Once the soup is made, you'll notice that the pasta swells and there may not be enough soup. Just add another cup of stock when reheating.

By leaving out the pasta, you can make the soup up to two days in advance. When reheating just add the pasta and more stock if necessary.

This recipe serves six. ROSE REISMAN

Directions

1. Preheat the oven to 425 F. Line a baking sheet with foil sprayed with vegetable oil.

2. To make the meatballs: Combine the ground beef, bread crumbs, barbecue sauce, egg, garlic, basil and 2 tbsp of the Parmesan cheese. Form into 1-inch meatballs (you should have enough for about 24 meatballs). Place on baking sheet and cook for 10 minutes, turning after 6 minutes.

3. To make the soup: While meatballs are cooking, lightly coat a large nonstick pot with cooking spray. Add the oil and set over medium heat. Add the onion and garlic and sauté for 5 minutes or until just softened and browned. Stir in the green pepper and carrots and cook for 3 minutes. Stir in the stock, tomato sauce, tomato paste, chili powder and meatballs. Bring to a boil, then reduce the heat to low and simmer, covered, for 10 minutes.

4. Stir in the pasta and allow to simmer for 5 minutes or until the pasta is tender. Serve the soup in bowls, and garnish it with Parmesan cheese.

Ingredients

Meatballs
- 6 oz lean ground beef
- 3 tbsp seasoned dry bread crumbs
- 2 tbsp barbecue sauce
- 1 egg
- 1 tsp finely chopped garlic
- 1/2 tsp dried basil
- 2 tbsp Parmesan cheese

Soup
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped green bell pepper
- 1/2 cup finely chopped carrots
- 4 cups low-sodium beef (or chicken) stock
- 1 3/4 cups homemade or store-bought tomato sauce
- 2 tbsp tomato paste
- 1 tsp chili powder
- 1/3 cup small shell pasta
- 1/4 cup grated Parmesan

West semifinal

Esks end Riders' reign as champs

Kendial Lawrence had an 84-yard punt return touchdown and the Eskimos defence recorded five interceptions as Edmonton beat the Saskatchewan Roughriders 18-10 in the CFL's West semifinal on Sunday.

The loss ended any hopes the Roughriders had of defending their Grey Cup championship from last year. The Eskimos meet the Stampeders in the West final next Sunday.

Matt Nicholls started for the Eskimos, but No. 1 quarterback Mike Reilly came into the game six minutes into the third quarter despite nursing a broken bone in his right foot. He completed six of eight passes.

THE CANADIAN PRESS

Mr. Hockey

Howe's health takes a turn for the worse, son says

Gordie Howe is "not doing well at all" several weeks after suffering a stroke, according to his son Mark.

The Hall-of Famer known as "Mr. Hockey" initially had been improving better than expected, but that changed recently.

"His health has taken a turn for the worse this past week to 10 days and we are doing what we can to help his situation the best that we can," Mark said. "But he is not doing well at all is the bottom line."

Gordie Howe, 86, had a stroke Oct. 26.

THE CANADIAN PRESS

Lions hit rock bottom in season-ending loss

East semifinal. Als dominate crossover foe, win in a rout

CAM TUCKER
cam.tucker@metronews.ca

Alouettes linebacker Kyries Hebert sacks Lions quarterback Kevin Glenn during the East Division semifinal on Sunday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

So much for that clean slate.

The B.C. Lions said all the right things the past week at practice, about the playoffs representing a new season.

Their end-of-season slide spiralled completely out of control and finally ended with an atrocious 50-17 loss to the Montreal Alouettes in the East Division semifinal on Sunday.

Quarterback Kevin Glenn didn't look comfortable from the beginning, sailing passes over receivers' heads and tossing interceptions.

The defence, so good for so much of the regular season but ventilated in losses to Edmonton and Calgary prior to the playoffs, looked sharp early but the Alouettes took over and dominated.

Penalties, an issue for weeks, continued.

One of the defining moments came off a call against 10-year veteran defensive back Ryan Phillips, who was flagged for unnecessary roughness for a shove on a Montreal offensive lineman after the whistle.

Weak call? Yes.

Bad decision by Phillips? Yes.

It prolonged an Alouettes drive after the Lions defence — led by Most Outstanding Player nominee Solomon Elimimian — had come up with the stop.

Shortly after, Montreal upped its lead on a Duron Carter touchdown, though it appeared Carter could have been called for offensive pass interference for a shove on Phillips.

The Lions unravelled.

They trailed 15-3 at the half. But they were never in this game.

Glenn completed just six passes on 18 attempts for 64 yards, and two interceptions.

The calls on social media for Travis Lulay, out the majority of the season due to an injury to his throwing shoulder, to take over in the second half were abundant.

A Travis did enter the game for the Lions, but not Lulay. It was Travis Partridge. By then, the game had been lost.

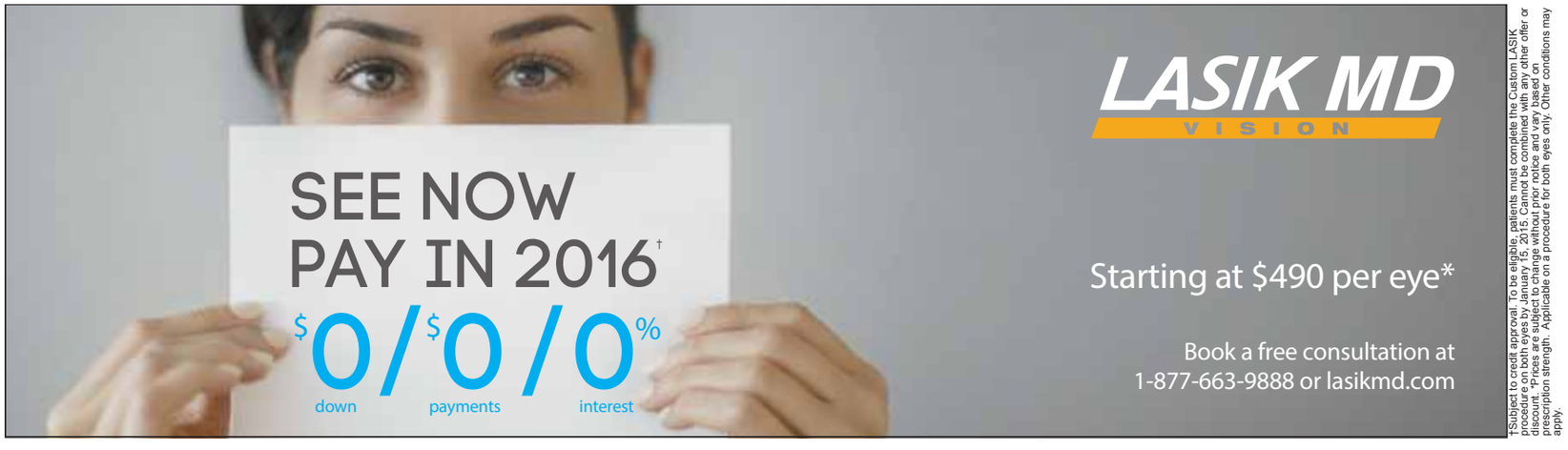
In 2011, the Lions overcame an 0-5 start to the season to win the Grey Cup in Vancouver.

The big game is back at BC Place Stadium later this month. The Lions won't be playing in it.

They'll be busy trying to recover from a quick and disastrous descent to rock bottom.

Follow Cam Tucker on Twitter @camtucker_metro

4 SPORTS



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Chiefs' D holds Seahawks

Rare clinch. Former division rivals meet up, Charles leads Kansas City to fifth straight win

The old offensive line coach in Andy Reid could appreciate the way the Kansas City Chiefs pried open holes for Jamaal Charles to run free against Seattle on Sunday.

He could appreciate the way their defensive front stepped up, too.

Given a lead thanks largely to the legs of their dazzling running back, the Chiefs held the Seahawks on fourth down three times in the final quarter.

The result was a tense 24-20 victory that pushed Kansas City into a first-place tie with the Denver Broncos in the AFC West.

As for Charles, who finished with 159 yards and two touchdowns?

"He's Jamaal Charles," Reid said. "He's a special player."

Quoted

"He's Jamaal Charles. He's a special player."

Chiefs' line coach Andy Reid

Russell Wilson threw for 178 yards and two TDs for the Seahawks, and Marshawn Lynch had 124 yards rushing. But Lynch was stuffed twice by the Kansas City defence with the outcome hanging in the balance.

The Seahawks' last-chance drive ended when Wilson threw incomplete on fourth-and-18 at their 20-yard line with 1:13 left. THE ASSOCIATED PRESS

metro AR Jamaal Charles, of the Kansas City Chiefs, centre, runs the ball against K.J. Wright, of the Seattle Seahawks, right, at Arrowhead Stadium on Sunday in Kansas City, Mo. Scan the photo with your Metro News app to see more action from the NFL's Week 11. WESLEY HITT/GETTY IMAGES

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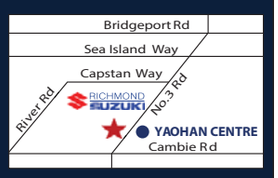


ATP Finals

Federer pulls out, Djokovic wins title

In a potential blow to Switzerland's Davis Cup ambitions, Roger Federer pulled out of the ATP Finals less than one hour before his title match against Novak Djokovic on Sunday, handing a third straight title at the year-end event to the top-ranked Serb.

The 17-time Grand Slam champion said he hurt his back in the nearly three-hour semifinal win over Davis Cup teammate Stan Wawrinka on Saturday night in which Federer saved four match points.

"Unfortunately I'm not match-fit," the 33-year-old Swiss told the crowd at the O2 Arena. "I tried everything I could last night, also today: painkillers, treatment, rest, so forth, warm-up, until the very end. But I just can't compete at this level with Novak." THE ASSOCIATED PRESS

Local boy steals the show

Milwaukee Bucks guard and Miami-born Brandon Knight takes a three-point shot Sunday in Miami against the Heat. Knight made three three-pointers and scored 20 points as the Bucks defeated the Heat 91-84. WILFREDO LEE/THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The facts of your situation are not in doubt, but what will you do about them? If your instincts point you in one direction while everyone else says you should do the opposite, trust your gut.

♉ Taurus
April 21 - May 21
If, as the planets suggest, you are getting frustrated at being ignored do something about it. There is no excuse for keeping your thoughts to yourself.

♊ Gemini
May 22 - June 21
What you need to remember over the next few days is that there are many routes to self-discovery, and many routes to fame and fortune too. Find a simple way to combine the two.

♋ Cancer
June 22 - July 23
With both Mercury and Uranus strong in your chart today there will be moments when your ideas and insights are touched by genius. What you discover is meant for sharing.

♌ Leo
July 24 - Aug. 23
Never be afraid of your feelings, even when they are negative in nature. If you are annoyed about something there must be a reason for it.

♍ Virgo
Aug. 24 - Sept. 23
If an amazing idea surfaces in your mind today you must do something with it. Write it down in as much detail as you can straight away.

♎ Libra
Sept. 24 - Oct. 23
Don't listen to those who say you must follow the "official" line on something. Trust your own moral compass.

♏ Scorpio
Oct. 24 - Nov. 22
Your mind is awash with ideas but you seem reluctant to do much with them. Maybe that's because you don't want to begin new projects in a rush of enthusiasm only to lose interest in them later. Take your time.

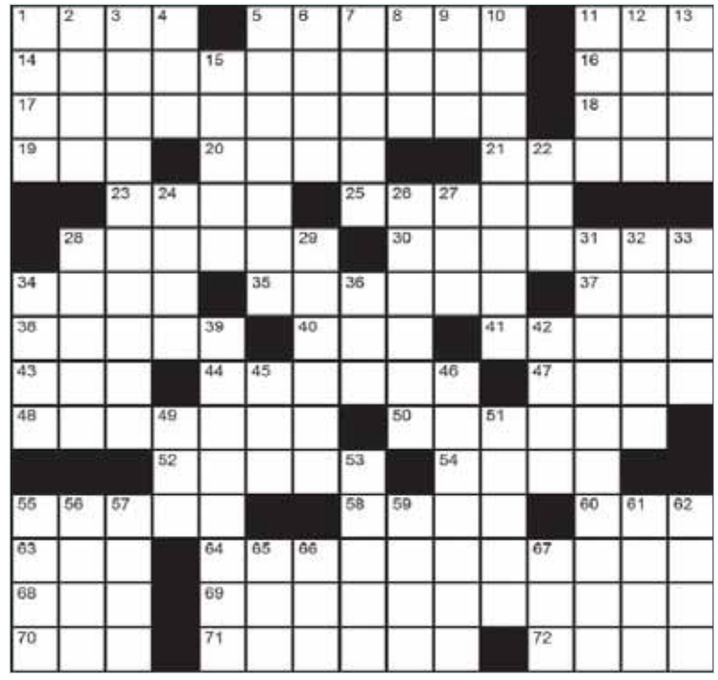
♐ Sagittarius
Nov. 23 - Dec. 21
Instead of looking for ways to back out of a commitment, look for ways to make it work in your favour. If you combine positive with lateral thinking your life can be a huge success.

♑ Capricorn
Dec. 22 - Jan. 20
A minor piece of information could have major repercussions today. Something you are told may sound unlikely but don't dismiss it. Strange things are taking place behind the scenes.

♒ Aquarius
Jan. 21 - Feb. 19
It may seem as if someone is talking down to you but likely it is your defensive attitude that makes it look that way. You need assistance and they are willing to help, so relax.

♓ Pisces
Feb. 20 - March 20
A problem that started out small has now grown to occupy your every waking thought. So, yes, it's high time you dealt with it.

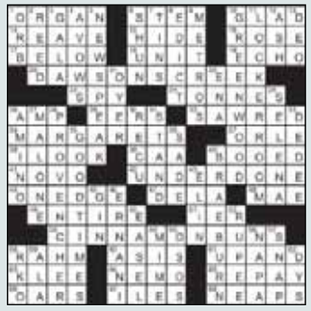
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Morning talk's Kelly
5. American-Canadian writer Mr. King
11. Truck co.
14. Vancouver attraction: 2 wds.
16. Be out of sorts
17. It's when celebs get special and/or unorthodox medical treatment: 2 wds.
18. Stew bit
19. Health or safety message, e.g.
20. Brain wave
21. Be a popular Twitter topic
23. Tree variety
25. "Amadeus" (1984) star Tom
28. Scant
30. Road traverser
34. Mr. Damon
35. Marriage partner
37. '_' __ for Avonlea
38.Ben of "Saving Hope"
40. Basketball's li'l Magic city
41. Mailing enclosures, commonly
43. Former-NBAer, __ Ming
44. Doodle, then erase, say
47. Bjork: "It's __ __ Quiet"
48. As Seen On TV blanket
50. Skull's eye place
52. Spew
54. Author Leon
55. Badlands formation
58. "To Live and Die __ _._." (1985)
60. They: French
63. "Blessed __ the meek..."
64. Fancy event for politicians/dignitaries: 2 wds.
68. "__ Season" (2005)
69. Canadian History: Onondaga distance runner/Olympian (b.1887 - d.1949) who also served as a dispatch carrier in WWI: 2 wds.
70. Root vegetable
71. Declare, Bible-style
72. Author Ms. Sewell

Down
1. Host's 'let me know'
2. Celine Dion: "That's the Way __ __"
3. Peter __, Style Expert on "The Marilyn Denis Show"
4. Li'l response
5. Bids
6. David Pierce link
7. Ms. Winfrey
8. __ jacket
9. Sleeve
10. 1912 Canuck book... Sunshine __ of a Little Town
11. Be open-wide
12. Demeanor
13. Attired
15. Untruthfulness
22. King, in Portugal
24. 'Different' suffix
26. Throat parts
27. Guitar guru Mr. Paul
28. __ Calendar
29. Lyric poems
31. Makes the most of a money-making opportunity: 3 wds.
32. "Villain, thou __..." - Shakespeare
33. Gas station
34. Spring months
36. Hockey's Bobby
39. Hints at
42. "Born to Get Wild" by Steve __ feat. will.i.am
45. Never: German
46. Beach Boys: "__ It Be Nice"
49. Comprehend
51. Vancouver-born journalist Mr. Oliver
53. Deed
55. Justin Bieber hit
56. Fertilizer ingredient
57. Overbrim
59. Tyros, briefly
61. Trim
62. Miss: Spanish [abbr.]
65. __ _ degree
66. Ms. Irving
67. Sports org.

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

3	9	2	1	5	7	6	8	4
5	4	1	3	8	6	9	7	2
6	8	7	9	2	4	5	1	3
1	3	8	4	7	5	2	9	6
2	5	6	8	9	1	4	3	7
9	7	4	2	6	3	8	5	1
7	6	9	5	3	2	1	4	8
4	2	5	7	1	8	3	6	9
8	1	3	6	4	9	7	2	5

7			9	2	8			4
		3		4				
		4				6	7	
1				7				8
4	7		8	3	2		6	5
3				6				2
	8	7				2		
				9		5		
2			1	8	7			6

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‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

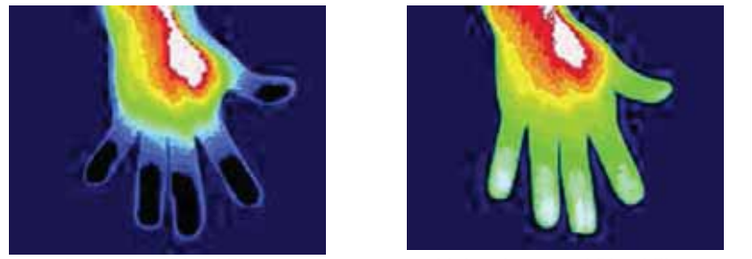
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

“I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes,” affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

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- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body’s circulation
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